

Defense Mechanism

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The background of the slide features several thick, light gray, wavy lines that flow from the bottom left towards the right side, creating a sense of movement and depth.

- Personality defines as: a person's unique and relatively stable behavior patterns; the consistency of who you are, have been, and will become.



Personality Structure according to Freud

- ^{الهم} **Id**: Operates according to the ^{المتعة، الكثرة} **pleasure principle**
 - Primitive and **unconscious**, hidden from view
 - Contains basic drives ^{الغريبات، المبادئ} (the infant is a total Id).
- ^{الأنا} **Ego**: Operates according to the **reality principle**
 - Mediates the conflict between id and superego.
- ^{الأنا الأعلى} **Superego**: Consists of moral ideals and conscience.

Id * ← التصرفات التي نتصرفها على أساس غرائزنا، أكثر قنّة. نتصرف حين هم للأطفال. (الجوع ← الأكل).

Ego * ← التي ماسكة الحواس الذهن ← dialy functioning ← Balance between Id, ego

Superego * ← نتصرف فيها على أساس ethics, Moral

• ما نرتد أعيش فيها لأن الشخص الذي أعيش فيه Superego انا أنا جدير عنه ← feeling of guilty

Freud's Topographical Models of Personality

Freud classified all mental contents and operations into three categories: the conscious, the preconscious, and the unconscious.

- The conscious includes all memories that remain within an individual's awareness. Examples include telephone numbers, birthdays of self and significant others, dates of special holidays, and what one had for lunch today. The conscious mind is thought to be under the control of the ego, the rational and logical structure of the personality.

* Conscious : صيانتنا اليومية
Balance between
preconscious, unconscious.
/ استنكرها بسهولة

Control هو الذي عليه
Conscious على ego

* preconscious / subconscious → جزء منه memory ، لكنه يربطها بشوية تركيز حتى أحيين

الذي عامل عليه Control هو Superego

• preconscious بنجي الشغلات التي ما بننا إيها (التجارب ، الأزمات ... الخ) ← هذه الأشياء تُجئني في preconscious
← نأخذ الشغلات التي بتألفني . حاوله أنتاساه .
← التي ما بدني أتذكرها بتعمل إرادي .

* unconscious : involuntary
الشغلات المنسية التي بتخزن فيه involuntary

ال unconscious الها حد معين ، لما يقل ال unconscious
بيلش تكلو على شكل مشاكل نفسية فلا تلهه الحافظة (الردشة ... الخ)

* الفرق إن ال unconscious ما بقدر أسترجع زي preconscious وال Conscious (ما بقدر أسترجع الموجود فيه)

إنا بطريقة واحدة فقط ← العلاج
Hypnosis التنويم المغناطيسي
Drugs (أدوية التخدير)

* كيف برى أخيره ego تبجى كودس / فشى كودس ؟

• كذا ما انظرت فى موقف فى stress , anxiety ولسا كانه Balance بين Id و Superego ← حينى ego تاعك محتاز .

• انا انظرت فى موقف فى stress و anxiety والگف رجعت لـ Id ، Superego ← ego فى خىل .

- The preconscious includes all memories that may have been forgotten or are not in present awareness but, with attention, can readily be recalled into consciousness. Examples include telephone numbers or addresses once known but little used and feelings associated with significant life events that may have occurred at some time in the past.

يعزز العقل الباطن الوعي من خلال المساعدة في قمع الذكريات غير السارة أو غير الضرورية من الوعي

The **preconscious** enhances awareness by helping to suppress unpleasant or nonessential memories from consciousness. It is thought to be partially under the control of the superego, which helps to suppress unacceptable thoughts and behaviours.

يُعتقد أنه يخضع جزئياً لسيطرة الأنا العليا، مما يساعد على قمع الأفكار والسلوكيات غير المقبولة

اللاوعي: يشمل جميع الذكريات التي لا يستطيع الإنسان إيصالها إلى الوعي الواعي.

The unconscious: includes all memories that one is unable to bring to conscious awareness. It is the largest of the three topographical levels. Unconscious material consists of unpleasant or nonessential memories that have been repressed and can be retrieved only through therapy, hypnosis, and with certain substances that alter the awareness and have the capacity to restructure repressed memories.

الذكريات
المكبوتة.

قمعها

استرجاعها

تظهر

* Unconscious material may also emerge in dreams and in seemingly incomprehensible behaviour.

غير مفهوماً

- Sigmund Freud (1961) identified the ego as the reality component of the personality that governs problem solving and rational thinking.
- As the level of anxiety increases, the strength of the ego is tested, and energy is mobilized to confront the threat.
- Freud (1953) identified a number of defense mechanisms employed by the ego in the face of threat to biological or psychological integrity.

فيه منه اشئ كويس
واشئ خ وماليس
آخريهم نحل حياء
← adaptation technique
Coping Mechanism.

■ Definition of defense mechanism

■ Defense mechanism are mental activities used at the unconscious level to protect the ego against anxiety and conflict situation.

← الصراع

■ Some of these ego defense mechanisms are more adaptive than others are, but all are used either consciously or unconsciously as protective devices for the ego in an effort to relieve mild to moderate anxiety.

■ They become maladaptive when an individual uses them to such a degree that there is interference with the ability to deal with reality, with interpersonal relations, or with occupational

تصبح غير قادرة على التكيف عندما يستخدمها الفرد إلى درجة يكون هناك تداخل مع القدرة على التعامل مع الواقع، أو مع العلاقات الشخصية، أو مع العمل.

• ما يزيد أعميش حياتي كلها ← على defense mechanism ← ليس؟ لازم أتعلم شو في adaptation technique

شو في coping mechanism أتقابل فعاه وأسيطر على anxiety

وال Stress الموجودين في الحياة

هي حل لمشكلة آتية .

* الفكرة الرئيسية من defense mechanism ← أعله relieve في stress , anxiety , emotional pain .

← في عنهم اشي كويس وفيه عنهم شي ← متا دائما لازم أتجاهلهم

Functions of Defense Mechanisms

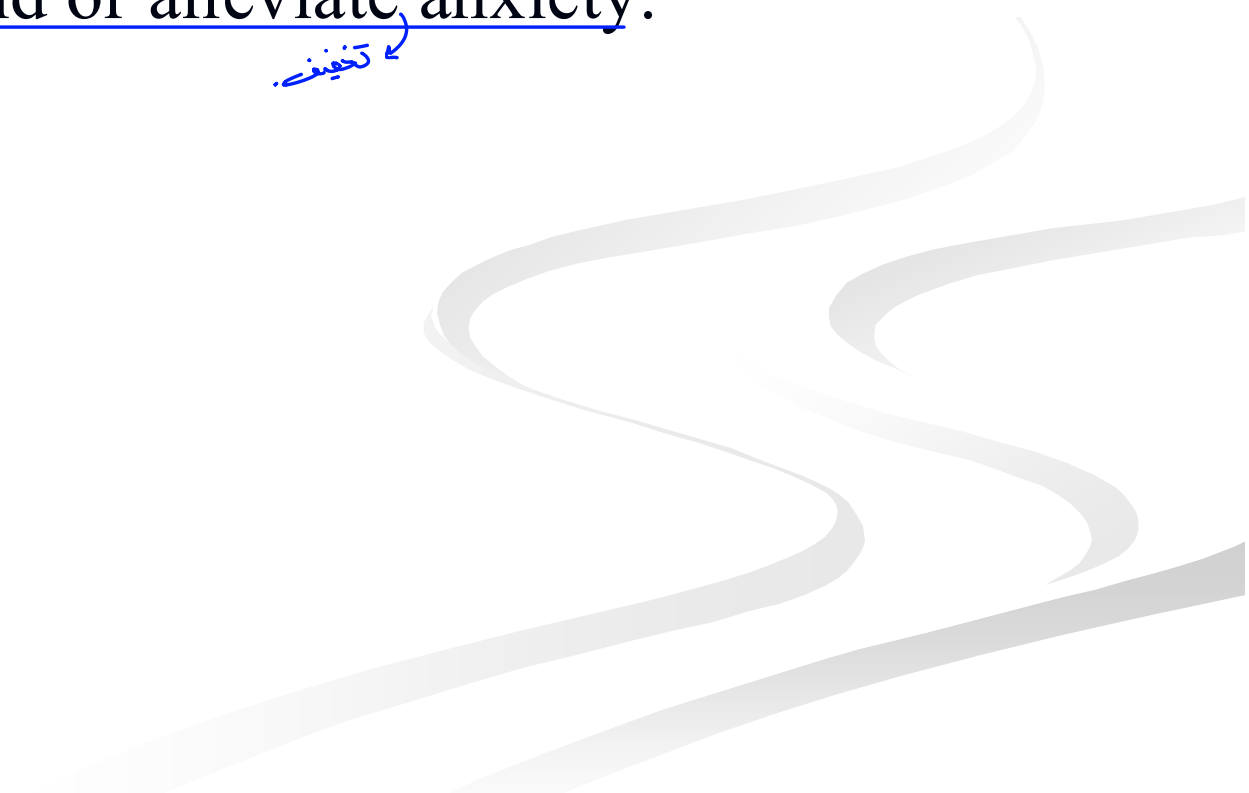
- 1- Facilitates the resolution of emotional conflict. ^{الصراع العاطفي}
 - 2- To provide relief from stress.
 - 3- To cushion emotional pain. ^{تخفيف}
 - 4- To avoid or alleviate anxiety. ^{تخفيف}
- 

TABLE 1 – 1 Ego Defense Mechanisms

Defense Mechanism	Example	Defense Mechanism	Example
<i>Compensation</i> Covering up a real or perceived weakness by emphasizing a trait one considers more desirable	A physically handicapped boy is unable to participate in football, so he compensates by becoming a great scholar.	<i>Projection</i> Attributing feelings or impulses unacceptable to one's self to another person.	Sue feels a strong sexual attraction to her track coach and tells her friend, "He's coming on to me!"
<i>Denial</i> Refusing to acknowledge the existence of a real situation or the feelings associated with it	A woman drinks excess alcohol every day and cannot stop, failing to acknowledge that she has a problem. الاعتراف	<i>Rationalization</i> Attempting to make excuses or formulate logical reasons to justify unacceptable feelings or behaviors	John tells the rehab nurse, "I drink because it's the only way I can deal with my bad marriage and my worse job."
<i>Displacement</i> The transfer of feelings from one target to another that is considered less threatening or that is neutral	A client is angry at his doctor, does not express it, but becomes verbally abusive with the nurse. العميل غاضب من طبيبه ولا يعبر عنه، بل أصبح يسيء لفظيًا إلى الممرضة	<i>Reaction Formation</i> Preventing unacceptable or undesirable thoughts or behaviors from being expressed by exaggerating opposite thoughts or types of behaviors	Jane hates nursing. She attended nursing school to please her parents. During career day, she speaks to prospective students about the excellence of nursing as a career.

• متى مطلوب تخفف defense mechanism كتحريف ← الاعتراف يعني أن سناريو

1 Compensation: إنسان عند مشكلة نفسيّة، إعاقة، حالة -- الخ
هنا الذي يكونه حالة stress, anxiety ← تخفف من كنه يخفف منهم؟
بده يعوّظنا ويعمل Covering up بأشيء آخر وبتلافية ببع في إضاد --

2 Denial: إنكار، مثل جفنه المتعاطفين بنكروا أنه عندهم مشكلة. إذا ما بصير يفل الإنسان ينكر انزعاجه ومشكلة
أشيء "أخيه" ← ف لازم أروح على coping mechanism -- وأتعاينت هو المشكلة

3 displacement: ينجي زوج وزوجته والأولاد، الزلّة تقدرش يتقد في ورته مباشرة، يتقد في الولد.

4 projection: مثلاً: وسأحبّ وحدة في الدفعة وهي متنا دارية عنه؟! لما يروح يتقد في صعبه بعمل projection في feeling عليه.
الإسقاط. دائماً projection مرتبطة في feelings.

5 Rationalization: مثلاً: طلب اجأ متأخر على العاصفة، يباب rationalization حتى يخفف من anxiety, stress.
التبرير

6 reaction formation: يظهر عكس ال feelings اللي عنده.

Identification

An attempt to increase self-worth by acquiring certain attributes and characteristics of an individual one admires

A teenaged boy who required lengthy rehabilitation after an accident decides to become a physical therapist as a result of his experiences.

Regression

Responding to stress by retreating to an earlier level of development and the comfort measures associated with that level of functioning

When 2-year-old Jay is hospitalized for tonsillitis he will drink only from a bottle, although his mother states he has been drinking from a cup for 6 months.

Intellectualization

An attempt to avoid expressing actual emotions associated with a stressful situation by using the intellectual processes of logic, reasoning, and analysis

Susan's husband is being transferred with his job to a city far away from her parents. She hides anxiety by explaining to her parents the advantages associated with the move.

Repression

Involuntarily blocking unpleasant feelings and experiences from one's awareness

An accident victim can remember nothing about the accident.

لا يستطيع ضحية الحادث أن يتذكر أي شيء عن الحادث

تراجع
كبت، قمع

Introjection

Integrating the beliefs and values of another individual into one's own ego structure

التبني اللاواعي لأفكار أو مواقف الآخرين.

Children integrate their parents' value system into the process of conscience formation. A child says to friend, "Don't cheat. It's wrong."

Sublimation

Rechanneling of drives or impulses that are personally or socially unacceptable into activities that are constructive

A mother whose son was killed by a drunk driver channels her anger and energy into being the president of the local chapter of Mothers Against Drunk Drivers.

Isolation

Separating a thought or memory from the feeling tone or emotion associated with it

Without showing any emotion, a young woman describes being attacked and raped.

Suppression

The voluntary blocking of unpleasant feelings and experiences from one's awareness

Scarlett O'Hara says, "I don't want to think about that now. I'll think about that tomorrow."

Undoing

Symbolically negating or canceling out an experience that one finds intolerable

Joe is nervous about his new job and yells at his wife. On his way home he stops and buys her some flowers.

11 Isolation : تنحرف في موقف فيه stress, anxiety لتعرف دكتور بهتمه طالب فيه حاضرة ، الطالب همه كل اللي صار على جنبه وكعمل عادي العزل

وكانه ما صار ، صوماته بالاشي وما تظهر على لشي

لكن عزله ما ينجح وكعمل الموقف عادي .

12 Sublimation : مثلاً : إمام مسجد ، وحاد الكارثة يسرقوا الثمار في خبز عتقه

كيف بيفهموني ؟ يوم الجمعة ← خطبة الجمعة .

13 Suppression : في postpone تأجيل (حلالة منه الامتحان متضايقك لكنه رحتي تنفذي وبس روصتي ع

العهنة تضايقتي) .

14 undoing : سويت احشي بدك تتراجع عنه

. وسأله زينة عليه مرتبه وهو مشغول فارد عليه ، عصبته وزعلت
وصو صرحه جابله بافنة ورد

الاستبدال
الإيجابي

Substitution: The replacement of consciously unacceptable emotions, drives, attitudes, or needs by those that are more acceptable.

Example 1-a student nurse in a degree program who feels unable to master the clinical competence decided to become a respiratory technician.

Example 2: "I am not good at football so I will try the swim team."

• واقع في كَيْسَةِ القَلْبِ ، فشل فيهِ \Leftrightarrow صار في عِنْدِ stress من فشل في القَلْبِ \Leftrightarrow راح على الهندسة
خوفنا أبعده

• الفرقة بين Substitution ، و Compensation \Leftrightarrow كان في عِنْدِ إعاقة ، تقوى
handicap ما عنده تقوى

تحويل الصدمة العصبية أو العاطفية لشيء جسدي

• مثلاً بجيتُ خبرٌ سيئٍ تبنيهم ← هل فيسولوجيًا أنتِ أعزٌّ لا ← فهو منشأه نفسي وعلاجه نفسي .

Conversion : the transferring of a mental conflict into physical symptoms to release tension or anxiety.

تحويل الصراع العقلي إلى أعراض جسدية للتخلص من التوتر أو قلق

Example 1: a man develops paralysis of his lower extremities after he find out that his wife has a terminal cancer.

Example 2: a student develops paralysis of right arm when she faced difficult exam.

الخيال

Fantasy: imagined events or mental images (daydreaming) to express unconscious conflicts, gratify unconscious wishes, or prepare for anticipated events.

أحداث متخيلة أو صور ذهنية (أحلام اليقظة) للتعبير عن صراعات غير واعية، أو إشباع رغبات غير واعية، أو الاستعداد لأحداث متوقعة.

Example: I love animals so much, so even if I fail
Biology I can still be a veterinarian.

طبيب بيطري

حركات بيكون effective
وحركات لا .